

THE OREGON ATTORNEY ASSISTANCE PROGRAM  
PRESENTS

# CARING FOR SELF WHILE CARING FOR OTHERS

A NEW SERIES examining four challenging areas  
& effective ways of caring for yourself while taking  
care of others.

## WEEK TWO: MINDFUL PARENTING

PRESENTED BY: KYRA HAZILLA, JD, LCSW

FEBRUARY 4, 2019

Time: 12:00 PM – 1:00 PM

World Trade Center, Mezzanine 5  
25 SW Salmon Street  
Portland, OR 97204

- January 28, 2019:** Cultivating Lawyer Well-Being  
Presenter:  
Doug Querin, JD, LPC, CADC I
- February 4, 2019:** Mindful Parenting  
Presenter:  
Kyra Hazilla, JD, LCSW
- February 11, 2019:** Unhealthy Behaviors and Substance Use  
in the Family – panel discussion  
Presenter:  
Bryan Welch, JD, CADC I
- February 25, 2019:** Aging Parents and Family Members  
Presenter: Lynne Coon, LPC



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**TO RSVP for one or more sessions:**  
Jeanne Ulrich at [jeanneu@oaap.org](mailto:jeanneu@oaap.org).

**For more information, please contact:**  
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# MCLE FORM 1: Recordkeeping Form (Do Not Return This Form to the Bar)

**Instructions:**

Pursuant to MCLE Rule 7.2, every active member shall maintain records of participation in **accredited** CLE activities. You may wish to use this form to record your CLE activities, attaching it to a copy of the program brochure or other information regarding the CLE activity.

**Do not return this form to the Oregon State Bar. This is to be retained in your own MCLE file.**

Name:		Bar Number:	
Sponsor of CLE Activity:			
Title of CLE Activity:		Program Number:	
Date:	Location:		
<input type="checkbox"/> <i>Activity has been accredited by the Oregon State Bar for the following credit:</i>  _____ <b>General</b> _____ <b>Prof Resp-Ethics</b> _____ <b>Access to Justice</b> _____ <b>Abuse Reporting</b> _____ <b>Practical Skills</b> _____ <b>Pers. Mgmt/Bus. Dev.*</b>	<input type="checkbox"/> <b>Full Credit.</b> <i>I attended the entire program and the total of authorized credits are:</i>  _____ <b>General</b> _____ <b>Prof Resp-Ethics</b> _____ <b>Access to Justice</b> _____ <b>Abuse Reporting</b> _____ <b>Practical Skills</b> _____ <b>Pers. Mgmt/Bus. Dev.*</b>	<input type="checkbox"/> <b>Partial Credit.</b> <i>I attended _____ hours of the program and am entitled to the following credits*:</i>  _____ <b>General</b> _____ <b>Prof Resp-Ethics</b> _____ <b>Access to Justice</b> _____ <b>Abuse Reporting</b> _____ <b>Practical Skills</b> _____ <b>Pers. Mgmt/Bus. Dev.*</b>	

**\*Credit Calculation:**

One (1) MCLE credit may be claimed for each sixty (60) minutes of actual participation. Do not include registration, introductions, business meetings and programs less than 30 minutes. MCLE credits may not be claimed for any activity that has not been accredited by the MCLE Administrator. If the program has not been accredited by the MCLE Administrator, you must submit a Group CLE Activity Accreditation application (See MCLE Form 2.)

**Caveat:**

If the actual program length is less than the credit hours approved, Bar members are responsible for making the appropriate adjustments in their compliance reports. Adjustments must also be made for late arrival, early departure or other periods of absence or non-participation.

\*Personal Management Assistance/Business Development. See MCLE Rule 5.12 and Regulation 5.300 for additional information regarding Category III activities. Maximum credit that may be claimed for Category III activities is 6.0 in a three-year reporting period and 3.0 in a short reporting period.

# Mindful Parenting

## ***Five Dimensions of Mindful Parenting:***

- Listening with full attention: correctly discern child's behavioral cues, accurately perceive child's verbal communication.
- Nonjudgmental acceptance of self and child: Healthy balance between child-oriented, parent oriented and relationship-oriented goals; sense of parenting self-efficacy; appreciation of the child's traits.
- Emotional awareness of self and child: Responsiveness to child's needs and emotions; greater accuracy in responsibility attributions.
- Self-regulation in the parenting relationship: Emotional regulation in the parenting context; parenting in accordance with goals and outcomes.
- Compassion for self and child: Positive affection in the parent-child relationship; more forgiving view of own parenting efforts.

A Model of Mindful Parenting: Implications for Parent–Child Relationships and Prevention Research, Duncan et al 2009. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2730447/>

## ***Practices for Parents:***

Visualize a caring person.

Parenting Mantra.

Self-Compassion break for parents (please add or change as fits for you):

This is an intense parenting moment.
Mantra:
I am not alone in this.
I can be gentle with myself and my children right now.

Say Yes.

Pick a time for present moment awareness: dinner, transitions, bedtime, wake up time, when you're running late, reconnection rituals, or getting in the car.

***Practices for the whole family:***

Gratitude practice: What was your favorite part of your day or did you notice any moments of kindness today?

Loving Kindness practice: to begin who are we going to send it to and what made your heart feel warm today?

- May I be happy, may I be peaceful, may I be healthy, may I be safe, may I live with ease.
- May \_\_\_\_\_ “ “.

Four Pebble Meditation.

Savoring a piece of fruit.

Self-compassion.

***Books for Parents:***

Everyday Blessings: The Inner Work of Mindful Parenting by Myla Kabat-Zinn and Jon Kabat-Zinn (1997).

Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience by Christopher Willard (2016).

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children who Thrive by Dan Siegel and Mary Hartzell (2003 and 2014).

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Dan Siegel and Tina Payne Bryson (2011) and Workbook.

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child by Dan Siegal and Tina Payne Bryson (2018).

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland (2010).

Raising an Emotionally Intelligent Child: The Heart of Parenting By John Gottman (1997).

Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child by Shauna Shapiro and Chris White (2014).

Calm and Compassionate Children: A Handbook by Susan Usha Dermond (2007).

If the Buddha had Kids: Raising Children to Create a More Peaceful World by Charlotte Kasl (2012).

10 Mindful Minutes: Giving Our Children – And Ourselves – the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives by Goldie Hawn (2011).

***Books to read with your children:***

Visiting Feelings by Lauren Rubenstein (2013).

Anh's Anger by Gail Silver (2009).

I Love You Rituals by Becky Bailey (2000).

Peaceful Piggy Meditation by Kerry Lee MacLean (2004).

Sitting Still Like a Frog by Eline Snel (2013) – Great meditations available online.

A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh (2012).

Each Breath a Smile: Based on Teachings by Thich Nhat Hanh by Sister Susan (2001).

A Pebble for your Pocket: Mindful Stories for Children and Grownups by Thich Nhat Hanh (2001).

## Say Yes

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**The Exercise:** In this practice we say yes to everyone and everything that happens. When you notice the impulse to disagree, consider whether it is really necessary. Could you just nod, or even be silent but pleasant? Whenever it is not dangerous to you or others, agree with others and with what is happening in your life.

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### REMINDING YOURSELF

Put stickers with the word "Yes" in spots where you'll notice them in your home and workplace. Write "Yes" on the back of your hand so you see it frequently.

### DISCOVERIES

This task helps us see how often we take a stance that is negative or oppositional. If we are able to watch our mind when someone is talking to us, particularly if they are asking us to

do something, we can see our thoughts forming defenses and counterarguments. Can we resist the desire to disagree verbally when the issue is not critical? Can we watch our mental and physical attitude to things that arise in a typical day? Is our automatic thought, "Oh no"?

Our habitual oppositional stance can take the form of thoughts ("I don't agree with what he's saying"), body language (tensing muscles, arms crossed), speech ("That's a stupid idea"), or action (shaking the head, rolling the eyes, ignoring someone who's talking).

People in certain professions report that they have difficulty with this task. Lawyers, for example, are trained to detect flaws in a contract or faults in what a witness or another lawyer is saying. Academics are trained to criticize one another's theories and research. Success at work may depend on "attack mind," but when you spend an entire day cultivating this attitude, it can be difficult to turn it off when you arrive home.

While doing this task, one person noted that an external "yes" might not match the real attitude of "no" inside, and that the task helped him detect a hidden constricted state of mind. Another man found that he usually responds to requests by weighing other considerations—namely, all the other things he has to do. He found it freeing to just say yes and thus let go of all the internal effort involved in making a decision. It felt generous. Another person said that saying yes created the experience of ease, of going with the flow of people who came into her office rather than resisting it. This task may be modified according to circumstances. You can hold an inward "yes" to your child's wish to jump on furniture, but redirect their energy to the playground instead.

## SELF-COMPASSION BREAK

When you notice that you're feeling stress or emotional discomfort, see if you can find the discomfort in your body. Where do you feel it the most? Make contact with the sensations as they arise in your body.

Now, say to yourself, slowly:

### 1. ***This is a moment of suffering***

That's mindfulness. Other options include:

- *This hurts.*
- *This is tough.*
- *Ouch!*

### 2. ***Suffering in a part of living***

That's common humanity. Other options include:

- *Other people feel this way.*
- *I'm not alone.*
- *We all struggle in our lives.*

Now, put your hands over your heart, or wherever it feels soothing, feeling the warmth and gentle touch of your hands.

Say to yourself:

### 3. ***May I be kind to myself***

See if you can find words for what *you need* in times like this. Other options may be:

- *May I accept myself as I am*
- *May I give myself the compassion that I need*
- *May I learn to accept myself as I am*
- *May I forgive myself.*
- *May I be strong.*
- *May I be safe*

(pause)

If you're having trouble finding the right language, sometimes it helps to imagine what you might say to a dear friend struggling with that same difficulty. (pause)  
Can you say something similar to yourself, letting the words roll gently through your mind?